#GutAndJoint Twitter Chat – Read from last page, backwards.

Crohn's and Colitis Canada @getgutsycanada · 19h

Replying to @brycedimsdale @DrGaborMate

Thank you so much for sharing, Bryce! **#GutAndJointChat**

1

JJOYUL @izeoneyuri · 19h

A1: Hi **#GutAndJointChat**, I'm Graeme. Living (relatively) well in unceded Algonquin territory with #Crohns and #AS thanks to good meds, patience, and a supportive network. On this journey I've gotten involved with the SPONDYLITISCA/KarimKhan_IMHA to support folks like me 1/

1

Yago González Lama @YagoGlezLama · 20h

Replying to @getgutsycanada @guthealthmd @SPONDYLITISCA

If it's about **#GutAndJointChat** , my friend @jesussanzsanz44 must be taken into account: How often can we find radiological sacroilitis in #IBD patients who undergo an enteric MR? How often +ve calprotectine in SpA patients with no digestive symptoms? More crossovers than expected

1 2

Gerald major @geraldjmajor · 20h

#GutandJointChat @SPONDYLITISCA

> **Emily Cordeaux** @emily_cordeaux
> Meaningful advice on how to live well with #IBD & #SpA. Lots of learnings from today's #GutandJointChat, 🙏 to everyone participating @SLPang @guthealthmd @4theloveofmommy @geraldjmajor @KidsInPain @SPONDYLITISCA @getgutsycanada twitter.com/SPONDYLITISCA/...

Stacey Sheehan liked

Emily Cordeaux @emily_cordeaux · 20h

Meaningful advice on how to live well with #IBD & #SpA. Lots of learnings from today's **#GutandJointChat**, 🙏 to everyone participating @SLPang @guthealthmd @4theloveofmommy @geraldjmajor @KidsInPain @SPONDYLITISCA @getgutsycanada

> **Spondylitis Canada** @SPONDYLITISCA
> Q6: Last question today. As you can tell from our chat hashtag - #GutAndJointChat – we are raising awareness about the connection between #IBD and #SpA. What is your best advice to others about how to live well with one or more chronic illnesses?

2 8

Crohn's and Colitis Canada @getgutsycanada · 20h

Replying to @SLPang @SPONDYLITISCA @abbviecanada

Thanks for weighing in, Sherry! **#GutAndJointChat**

2

Graeme Reed @graereed8 · 20h

Thanks all **#GutAndJointChat** participants for tuning in - I really appreciated it !

> **Spondylitis Canada** @SPONDYLITISCA
> What a great discussion! Thank you to everyone who joined us today, and special thanks to @guthealthmd and @getgutsycanada for sharing their time and insights. #GutAndJointChat

3

AbbVie Canada and 1 other liked

Sherry Pang @SLPang · 20h

Loved this chat - thanks for including me @getgutsycanada @SPONDYLITISCA @abbviecanada **#GutAndJointChat**

1 5

Crohn's and Colitis Canada @getgutsycanada · 20h

Replying to @4theloveofmommy

Thanks for joining in! **#GutAndJointChat**

2

Gerald major @geraldjmajor · 20h

#GutandJointChat

> **Graeme Reed** @graereed8
> Most important is being vulnerable and supportive to yourself. If you are in pain, fatigued, depressed, that is OKAY and normal. Reach out when you can and use others to create your support network
> twitter.com/SPONDYLITISCA/...

1

Crohn's and Colitis Canada @getgutsycanada · 20h

Thanks for chatting with us. We invite you all to browse our resources and information on our website: crohnsandcolitis.ca. Have a great week!
#GutAndJointChat

3 4

Crohn's and Colitis Canada @getgutsycanada · 20h

Replying to @bottomline_ibd @guthealthmd @SPONDYLITISCA

Thank you for joining in! We're so glad that this discussion was helpful 😊 **#GutAndJointChat**

4

Spondylitis Canada @SPONDYLITISCA · 20h

Replying to @bottomline_ibd @guthealthmd @getgutsycanada

Thanks for joining in! **#GutAndJointChat**

2

Dr Mark Silverberg @guthealthmd · 20h

Hope everyone found this useful and informative. Thanks so much for the great questions and discussion about #IBD and #SpA #spondylitis . It was a pleasure connecting with you on this important topic. **#GutAndJointChat**

3 17

Crohn's and Colitis Canada @getgutsycanada · 20h

And thanks as well to @abbviecanada for supporting our **#GutAndJointChat** chat. This was a fantastic opportunity to connect with such passionate, inquisitive people!

2 3

Jessica Terry @4theloveofmommy · 20h

Thank you for such a great chat full of some great information! **#GutAndJointChat**

1 3

Chriselle D'Souza liked

The Bottom Line @bottomline_ibd · 20h

Replying to @guthealthmd @getgutsycanada @SPONDYLITISCA

Thank you very much for the **#GutAndJointChat**. Still at work so will have a proper read through the tweets tomorrow. These Twitter chats are great and are always appreciated by patients. Bravo to you all! 🥂

2 6

Spondylitis Canada @SPONDYLITISCA · 20h

For more info about us, check out our website spondylitis.ca. Wishing everyone a great week! **#GutAndJointChat**

> **Homepage - Canadian Spondylitis Association | Su...**
> Canadian Spondylitis Association: A patient-led resource for Canadians living with Spondyloarthritis, caregivers, loved ones, and health professionals.
> spondylitis.ca

1

Jessica Terry @4theloveofmommy · 20h

Having a really great support system is also so important and asking for help even when you don't want to! **#GutAndJointChat**

3 1

Spondylitis Canada @SPONDYLITISCA · 20h

What a great discussion! Thank you to everyone who joined us today, and special thanks to @guthealthmd and @getgutsycanada for sharing their time and insights. **#GutAndJointChat**

2 1

Stacey Sheehan liked

Crohn's and Colitis Canada @getgutsycanada · 20h

A6: Being able to incorporate the locations of public washrooms into your plans can relieve some anxiety about leaving the house. Our #GoHere Washroom Locator App is here to help: crohnsandcolitis.ca/gohere **#GutAndJointChat**

5 9

Gerald major @geraldjmajor · 20h

@SPONDYLITISCA **#GutandJointChat** in my case yes and 406 patients say the same. spondylitis.ca/wp-content/upl...

> **Dr Mark Silverberg** @guthealthmd
> Replying to @SPONDYLITISCA @getgutsycanada
> A6: If you have one immune disorder you are at risk of others. Please discuss with your doctors and be aware of some of the symptoms that may be related. Early recognition and treatment is important to get the best outcomes! #GutAndJointChat

1 1

Spondylitis Canada @SPONDYLITISCA · 20h

A6: Visit our website regularly for new content on relevant topics to help support you spondylitis.ca **#GutAndJointChat**

Homepage - Canadian Spondylitis Association | Su...

Canadian Spondylitis Association: A patient-led resource for Canadians living with Spondyloarthritis, caregivers, loved ones, and health professionals.

spondylitis.ca

1

Gerald major @geraldjmajor · 20h

Replying to @SPONDYLITISCA

#GutandJointChat support from family, friends, financial and don't forget about the mental. Exercise and nutrition always help but it is very challenging to engage in this while feeling horrible. Just get up and move your way. @SPONDYLITISCA

3 5

Crohn's and Colitis Canada @getgutsycanada · 20h

Yes! A great way to meet others who understand what you're going through is joining one of our local chapters. Here's a list of all the great communities we have across Canada: bit.ly/2LGREyl **#GutAndJointChat**

Jessica Terry @4theloveofmommy

Replying to @SPONDYLITISCA

My best tip after years of living with a chronic illness is make sure you advocate for yourself, make sure your doctors are listening and realize you aren't alone and there are resources and support available! #GutAndJointChat

3 2

Spondylitis Canada @SPONDYLITISCA · 20h

A6: The #SpA community also has support groups across the country and has programs in place to provide support one-on-on. Find out more on our website at bit.ly/CSAsupport or by emailing support@spondylitis.ca **#GutAndJointChat**

Support & Community - Canadian Spondylitis Association | Support ...

Visit the pages within this section for more information and to find out how some of the work the CSA does involves and benefits you.

spondylitis.ca

1 2

Spondylitis Canada @SPONDYLITISCA · 20h

A6: @graereed8, can you also share your best tips and advice for staying positive and living well with two chronic illnesses? **#GutAndJointChat**

1

Crohn's and Colitis Canada @getgutsycanada · 20h

Replying to @IBSpatient

Thanks for joining in! It was a pleasure having you here! **#GutAndJointChat**

2

Spondylitis Canada @SPONDYLITISCA · 20h

You're so right! Thanks for joining us, @IBSpatient. **#gutandjointchat**

> **Jeffrey Roberts, MS BSc #ddw19** @IBSpatient
> #GutAndJointChat Thanks very much for the chat today. A person doesn't know what they don't know. Good advice to consult with a doctor that works with you to unravel your symptoms.

2

Chriselle D'Souza liked

Jessica Terry @4theloveofmommy · 20h

Replying to @SPONDYLITISCA

My best tip after years of living with a chronic illness is make sure you advocate for yourself, make sure your doctors are listening and realize you aren't alone and there are resources and support available! **#GutAndJointChat**

1 5

Dr Mark Silverberg @guthealthmd · 20h

Replying to @SPONDYLITISCA @getgutsycanada

A6: If you have one immune disorder you are at risk of others. Please discuss with your doctors and be aware of some of the symptoms that may be related. Early recognition and treatment is important to get the best outcomes! **#GutAndJointChat**

1 6 8

Jeffrey Roberts, MS BSc #ddw19 @IBSpatient · 20h

#GutAndJointChat Thanks very much for the chat today. A person doesn't know what they don't know. Good advice to consult with a doctor that works with you to unravel your symptoms.

1 1 6

Crohn's and Colitis Canada @getgutsycanada · 20h

A6: @SLPang, what are your best tips or advice for staying positive and living your best life, even with two chronic illnesses? **#GutAndJointChat**

1 2 3

Graeme Reed @graereed8 · 20h

Replying to @guthealthmd

Good point, but what about those patients who don't have a family MD ? My original family MD retired when I was 19. Since then, I've been trying to find one, but it's tough. And this is in Ottawa. What about outside a city-center ? **#GutAndJointChat**

1 1

Spondylitis Canada @SPONDYLITISCA · 20h

Q6: Last question today. As you can tell from our chat hashtag - **#GutAndJointChat** – we are raising awareness about the connection between #IBD and #SpA. What is your best advice to others about how to live well with one or more chronic illnesses?

3 3 7

Jessica Terry @4theloveofmommy · 20h

Replying to @SLPang @guthealthmd @graereed8

This is so important! Having all the right doctors listening and helping can make a big difference! **#GutAndJointChat**

1 1

Crohn's and Colitis Canada @getgutsycanada · 20h

Having emotional support is so important. We have some tips for coping on our website: bit.ly/2UCAfpR **#GutAndJointChat**

> **Kate Lee** @KateLeeIBD
>
> Replying to @graereed8
>
> Thanks for raising this important issue. @getgutsycanada's recent survey indicated that one of the top priority concerns of #IBD patients is #MentalHealth challenges. #GutAndJointChat

3 2

AbbVie Canada and 1 other liked

Dr Mark Silverberg @guthealthmd · 20h

Replying to @graereed8

You raise a lot of great points. Our health care system needs to evolve to be proactive rather than reactive. In the meantime you will be your own best advocate. And use @getgutsycanada @SPONDYLITISCA to help connect you with good resources **#GutAndJointChat**

4 5

Spondylitis Canada @SPONDYLITISCA · 20h

People with #SpA including #AnkylosingSpondylitis often experience a delay of 5-8 years from the onset of symptoms. Don't ignore your symptoms. **#gutandjointchat**

> **Crohn's and Colitis Canada** @getgutsycanada
> A5: Early diagnosis is important, especially for #IBD. If you think you might have #Crohns or #colitis, talk to your doctor. They might ask you to do a blood test, colonoscopy, or imaging test: bit.ly/2Eas6DB #GutAndJointChat twitter.com/4theloveofmomm...

4

Sherry Pang @SLPang · 21h

Replying to @guthealthmd @graereed8

My GI & rheumy work together and consult on my treatments - I feel very fortunate to have a great team approach! **#gutandjointchat**

1 2 3

Crohn's and Colitis Canada @getgutsycanada · 21h

A5: If you live with #SpA and show symptoms of #Crohns or #colitis, talk to your doctor. Learn more about risk factors on our website: bit.ly/2HIpK76 **#GutAndJointChat**

2 1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @graereed8

This is a problem in every health care system. Communication can be challenging among specialists. Would say the key is to find a good family MD that is willing to help coordinate care among your specialists. **#GutAndJointChat**

2 4 6

Kate Lee @KateLeeIBD · 21h

Replying to @graereed8

Thanks for raising this important issue. @getgutsycanada's recent survey indicated that one of the top priority concerns of #IBD patients is #MentalHealth challenges. **#GutAndJointChat**

2 5

Spondylitis Canada @SPONDYLITISCA · 21h

Having medical teams that talk to each other is a crucial part of managing care for people with chronic conditions -- and as patient advocates, the @SPONDYLITISCA is dedicated to improving this! **#gutandjointchat**

> **Graeme Reed** @graereed8
> My medical "team" includes a GP, GI, Rheumatologist, Dermatologist, Physio, etc. None of who have meaningful conversations with one another. Keen to hear your experiences and recommendations on how to improve this @guthealthmd #GutAndJointChat FIN/
> Show this thread

1 1

Sherry Pang @SLPang · 21h

Replying to @getgutsycanada

A friend with CD was talking about his recent SpA diagnosis & a light bult went off that I had the same exact symptoms. b So went to GP apt & he sent me for scans & to a rheumatologist where it was confirmed that I had enteropathic (or Crohn's) spondylitis. **#gutandjointchat**

5 3

Crohn's and Colitis Canada @getgutsycanada · 21h

A5: Early diagnosis is important, especially for #IBD. If you think you might have #Crohns or #colitis, talk to your doctor. They might ask you to do a blood test, colonoscopy, or imaging test: bit.ly/2Eas6DB **#GutAndJointChat**

> **Jessica Terry** @4theloveofmommy
> Also, I feel you should talk to your doctor as soon as you feel something is up. I waited almost 6 months after the birth of my first child to ask my doctor about my symptoms and by then I was in a lot of pain. #GutAndJointChat

1 5

Spondylitis Canada @SPONDYLITISCA · 21h

A5: Don't ignore symptoms. Take a short questionnaire to assess your symptoms at bit.ly/couldihave . Additional information can be found in our guidebooks bit.ly/csadownloads **#GutAndJointChat**

Downloads - Canadian Spondylitis Association | Support & Advocacy

Downloads - Ankylosing Spondylitis and Psoriatic Arthritis - The CSA has developed guidebooks on AS and PsA to provide information and tools fo...

spondylitis.ca

2 2

Graeme Reed @graereed8 · 21h

My medical "team" includes a GP, GI, Rheumatologist, Dermatologist, Physio, etc. None of who have meaningful conversations with one another. Keen to hear your experiences and recommendations on how to improve this @guthealthmd **#GutAndJointChat** FIN/

2 5

Show this thread

Graeme Reed @graereed8 · 21h

A5: Diseases are different for each person so it's important that patients are empowered to have conversations with your Doctor. For me, this means being persistent about how you are feeling (you are the expert with your day-to-day symptoms) with your Doctors **#GutAndJointChat** 1/

1 5 6

Show this thread

Spondylitis Canada @SPONDYLITISCA · 21h

A5: @graereed8, can you tell us about your experiences getting diagnosed with two chronic illnesses? **#GutAndJointChat**

1

Spondylitis Canada @SPONDYLITISCA · 21h

Replying to @4theloveofmommy

So glad to hear your treatment is working! **#GutAndJointChat**

1

Crohn's and Colitis Canada @getgutsycanada · 21h

A5: @SLPang, can you also share your diagnosis experience with us? **#GutAndJointChat**

1 1 2

Dr Mark Silverberg @guthealthmd · 21h

Replying to @guthealthmd @getgutsycanada

A5: Tests that can be considered to help diagnose some of these conditions include: blood tests, stool tests, a colonoscopy and imaging tests like CT scans or MRIs. **#GutAndJointChat**

2 2

Sherry Pang @SLPang · 21h

Replying to @getgutsycanada

Q5 Be your own advocate. I was diagnosed with #Crohns after 4 yrs of doc appts. Finally, was sent to ER for dehydration. Took a week of tests -in hsptl, I didn't know what Crohn's was but I cried with relief when they told me. Here I am almost 40 yrs later! **#gutandjointchat**

5 4

Dr Mark Silverberg @guthealthmd · 21h

Replying to @getgutsycanada

A5: If you have symptoms of some that might reflect inflammation of the gut, joint, eyes or skin as I have described above it's important to discuss them with your doctor. **#GutAndJointChat**

1 2 1

Jessica Terry @4theloveofmommy · 21h

My Rheumatologist is such an important part of my health care team. She has been an integral part to me being in remission and also managing my flare ups! **#GutAndJointChat**

1 1 4

Spondylitis Canada @SPONDYLITISCA · 21h

Replying to @sodascone @guthealthmd

Thanks for joining us! You can catch up on what you missed by searching the hashtag **#gutandjointchat** when you're back online!

1 2

Dr Mark Silverberg @guthealthmd · 21h

Yes #Rheumatologists are an important part of our care team for #IBD patients. In Toronto we tend to refer patients to the great team @UHN such as @NigilHaroon who specialize in #spondylitis **#GutAndJointChat**

> **Spondylitis Canada** @SPONDYLITISCA
> The main specialists who work with patients with Ankylosing Spondylitis are rheumatologists. #gutandjointchat twitter.com/IBSpatient/sta...

2 3

Crohn's and Colitis Canada @getgutsycanada · 21h

Q5: Early diagnosis is important, particularly with these chronic diseases. What are some things you can do to be proactive and vigilant when monitoring your health? **#GutAndJointChat**

2 3 4

I a n M o @sodascone · 21h

Replying to @guthealthmd

Ongoing conversation is required with IBD team. Thanks for all the answers, good to chat, but I need to pop out now. **#gutandjointchat** Take care everyone. 👍

1 4

Spondylitis Canada @SPONDYLITISCA · 21h

Agreed! Early diagnosis is so important. A quick self-check to see whether you might have Spondyloarthritis is on our website at bit.ly/couldihave **#gutandjointchat**

> **Jessica Terry** @4theloveofmommy
> Also, I feel you should talk to your doctor as soon as you feel something is up. I waited almost 6 months after the birth of my first child to ask my doctor about my symptoms and by then I was in a lot of pain. #GutAndJointChat

2 1

Dr. Christine Chambers liked

Crohn's and Colitis Canada @getgutsycanada · 21h

A4: Pain is a common symptom of both AS and IBD. Our partner, @KidsInPain, strives to improve children's pain management by increasing knowledge about evidence-based solutions #ItDoesntHaveToHurt **#GutAndJointChat**

5 6

Jessica Terry @4theloveofmommy · 21h

Replying to @SPONDYLITISCA

Getting support from others like you can be so helpful especially emotionally! **#GutAndJointChat**

1 2

Chriselle D'Souza liked

Spondylitis Canada @SPONDYLITISCA · 21h

The support groups through @SPONDYLITISCA online and in person might be helpful for you to find support from others like you. Find out more at bit.ly/CSAsupport **#gutandjointchat**

> **Jackie** @Cranky_Bones
> #GutAndJointChat What happens when a patient has no support team? What resources are out there for those waiting to be dx'd or have slipped through the cracks?
> Show this thread

2 1 2

Kate Lee @KateLeeIBD · 21h

Replying to @Cranky_Bones

Contact @getgutsycanada where we have a wealth of resources on #IBD and can also put you in touch with local chapters. **#GutAndJointChat**

3 5

Dr Mark Silverberg @guthealthmd · 21h

Replying to @sodascone

#infliximab and #adalimumab and other antiTNF agents do work more systemically to control the non-GI manifestations of IBD. #vedolizumab targets gut inflammation only so it is less likely to have an effect on #joints #eyes, etc **#GutAndJointChat**

1 2 5

Jessica Terry @4theloveofmommy · 21h

Replying to @SPONDYLITISCA

Yes and it was scarier as I was a first time mom with a newborn when my symptoms started! **#GutAndJointChat**

1

Sherry Pang @SLPang · 21h

Replying to @bottomline_ibd @guthealthmd and 2 others

Not for me - they each seem to do their own thing! #SpA #Crohns **#gutandjointchat**

1 6

Spondylitis Canada @SPONDYLITISCA · 21h

The unknown can be really scary! **#gutandjointchat**

> **Jessica Terry** @4theloveofmommy
>
> Replying to @SPONDYLITISCA @Cranky_Bones
>
> I remember when I was first trying to find out what was wrong with me, there were so many possibilities including ones that were much scarier to me not knowing what I had! #GutAndJointChat

1 1

Jessica Terry @4theloveofmommy · 21h

Also, I feel you should talk to your doctor as soon as you feel something is up. I waited almost 6 months after the birth of my first child to ask my doctor about my symptoms and by then I was in a lot of pain. **#GutAndJointChat**

3

Spondylitis Canada @SPONDYLITISCA · 21h

The main specialists who work with patients with Ankylosing Spondylitis are rheumatologists. **#gutandjointchat**

> **Jeffrey Roberts, MS BSc #ddw19** @IBSpatient
>
> Replying to @SPONDYLITISCA
>
> What kind of specialists work with a patient? Rheumatologist? Orthopedics?

1 3

Dr Mark Silverberg @guthealthmd · 21h

So there may be a benefit to particular dietary approaches - still a little too early to know how to advise people on this **#GutAndJointChat**

1 2 10

Show this thread

Dr Mark Silverberg @guthealthmd · 21h

However there is likely an association between composition and function of the gut #microbiome and immune responses in different organs. **#GutAndJointChat**

1 2 10

Show this thread

Dr Mark Silverberg @guthealthmd · 21h

Why do these chronic immune disorders often occur together? We don't fully know. There appears to be common #genetic genetic factors **#GutAndJointChat**

2 3 10

Show this thread

Jackie @Cranky_Bones · 21h

#GutAndJointChat What happens when a patient has no support team? What resources are out there for those waiting to be dx'd or have slipped through the cracks?

2 4

Show this thread

Kate Lee @KateLeeIBD · 21h

If you'd like to talk to someone with #IBD, go to @getgutsycanada's website (crohnsandcolitis.ca) to get matched with a peer. **#GutAndJointChat**

Jessica Terry @4theloveofmommy · 21h

Replying to @SPONDYLITISCA @Cranky_Bones

I remember when I was first trying to find out what was wrong with me, there were so many possibilities including ones that were much scarier to me not knowing what I had! **#GutAndJointChat**

Spondylitis Canada @SPONDYLITISCA · 21h

That's a great question! There's so much we don't know about diet and SpA and/or IBD. We're exploring developing something based on the best research available. **#gutandjointchat**

> **Aud** @audboyer
> As a dietitian, I often look at the research to find updates on nutrition and SpA. I find the research does not support what I see on social media platforms (eg 'low starch'). Does your work look at dietary guidelines for SpA and/or IBD? #gutandjointchat

1 1

Jessica Terry @4theloveofmommy · 21h

Replying to @sodascone @guthealthmd

I think that would be a great idea. Changing doctors while you have a chronic illness can be hard. I did it twice and it was important my new doctor knew my background so I could continue to get the care I needed! **#GutAndJointChat**

1 2 2

The Bottom Line @bottomline_ibd · 21h

Replying to @guthealthmd @getgutsycanada @IBSpatient

Thanks, this answers something I was going to ask – if your #IBD is in remission does that necessarily mean your EIMs behave too? **#GutAndJointChat**

2 2

Spondylitis Canada @SPONDYLITISCA · 21h

Having a supportive team is so important when you are dealing with chronic illness. **#gutandjointchat**

> **I a n M o** @sodascone
>
> Replying to @guthealthmd
>
> I feel I have a supportive team, but recently changed doc so think I just need to join the dots back up with them. #gutandjointchat

1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @sodascone

Unfortunately many chronic immune disorders travel together **#GutAndJointChat**

1 2 5

Sherry Pang @SLPang · 21h

Replying to @graereed8

Biologics have been a significant help for me as well but still have a lot of hand and foot join pain. Weather certainly plays a role! **#gutandjointchat**

5

I a n M o @sodascone · 21h

Replying to @guthealthmd

I feel I have a supportive team, but recently changed doc so think I just need to join the dots back up with them. **#gutandjointchat**

1 2

Jessica Terry @4theloveofmommy · 21h

Replying to @graereed8 @SPONDYLITISCA

So much this! I remember how alone and depressed I felt when I got my diagnosis with my chronic immune disease **#GutAndJointChat**

1 3

Stacey Sheehan liked

Kate Lee @KateLeeIBD · 21h

@getgutsycanada has a wealth of resources on #IBD. Come check them out on our website (crohnsandcolitis.ca). **#gutandjointchat**

4 5

Crohn's and Colitis Canada @getgutsycanada · 21h

Replying to @audboyer

Thanks for joining in, Aud! **#GutAndJointChat**

1

Sherry Pang @SLPang · 21h

Replying to @getgutsycanada

Fatigue and unrelenting back pain for #SpA and then chronic diarrhea for #Crohns are two symptoms to look out for. **#gutandjointchat**

2 2

Harrytown @HarryR · 21h

Replying to @guthealthmd

Hi Dr. Silverberg, Shalom from Israel. I have AS and have been experiencing worsening digestive symptoms. Oddly enough, nor my Rheumotologist or Gastro have ever mentioned this correlation between AS and gastro illnesses. **#gutandjointchat**

2 1

Spondylitis Canada @SPONDYLITISCA · 21h

A4: Types of #SpA, such as #AS are difficult to diagnose. Here are some of the symptoms to look for. **#GutAndJointChat**

2 8 8

Graeme Reed @graereed8 · 21h

Let's make sure that the #MentalHealth challenges of living with chronic illness(es) are included in the **#GutAndJointChat** FIN/

3 4 1

Show this thread

Graeme Reed @graereed8 · 21h

A4: For my #SpA, my major symptoms were stiffness, costricondritis, and chronic back pain. Since embarking on biologics, these have significantly reduced but I am still affected by stress, weather, and uncomfortable beds/chairs/etc. 1/ **#GutAndJointChat**

2 2 4

Show this thread

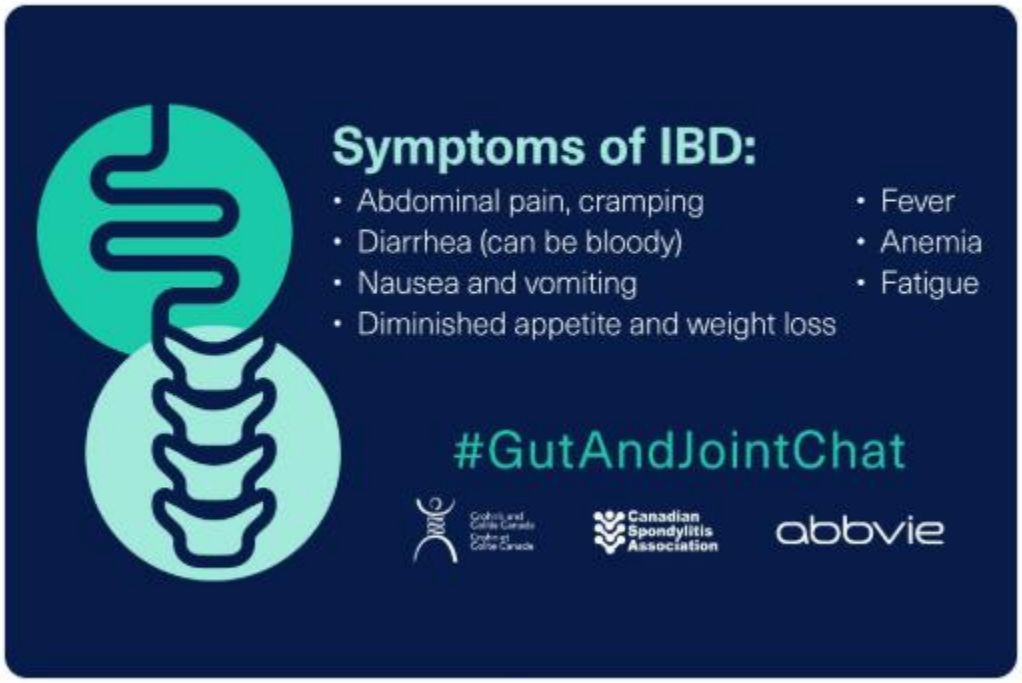
Aud @audboyer · 21h

As a dietitian, I often look at the research to find updates on nutrition and SpA. I find the research does not support what I see on social media platforms (eg 'low starch'). Does your work look at dietary guidelines for SpA and/or IBD? **#gutandjointchat**

1 2

Crohn's and Colitis Canada @getgutsycanada · 21h

A4: Symptoms of #Crohns and #colitis include abdominal pain, fatigue, and diarrhea. Learn more about what to look out for: bit.ly/2JEdJed **#GutAndJointChat**



5 1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @sodascone

#uveitis is also a related condition to chronic immune diseases like #IBD and #SpA. Definitely discuss any symptoms with your MD. Could manifest as: eye pain, red eye, or light sensitivity **#GutAndJointChat**

1 3 4

Sherry Pang @SLPang · 21h

Replying to @SPONDYLITISCA

A4: Fatigue and gut pain were my first #Crohns symptoms, followed by chronic diarrhea, appetite & weight loss. 20+ yrs later, lower back & buttocks pain were signs of #SpA **#gutandjointchat**

4 5

Crohn's and Colitis Canada @getgutsycanada · 21h

A4: @SLPang, what symptoms did you experience prior to being diagnosed with IBD and enteropathic spondylitis? What would you recommend looking out for? **#GutAndJointChat**

1 2 1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @IBSpatient

#spondylitis may flare up independently of #IBD flares so it's important to be aware of that **#GutAndJointChat**

1 3 6

Jessica Terry @4theloveofmommy · 21h

Replying to @SPONDYLITISCA

So important to find resources! Sometimes the information from the doctor can be overwhelming and it's nice when you can look somewhere for support and answers! **#GutAndJointChat**

1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @guthealthmd @SPONDYLITISCA

A4: Typical joint symptoms that #IBD patients should be aware of are: low back pain/stiffness – especially in the morning, pain or swelling in any joints. Up to 30-40% of IBD patients may have pain in their knees, ankles, wrists, hands, etc. **#GutAndJointChat**

3 6

Dr Mark Silverberg @guthealthmd · 21h

Replying to @SPONDYLITISCA

A4: Typical symptoms that #SpA patients should be aware of are: abdominal pain, diarrhea, weight loss and bloody stools. If you have these types of symptoms and you have back pain you certainly should see your doctor. **#GutAndJointChat**

1 5 3

Jeffrey Roberts, MS BSc #ddw19 @IBSpatient · 21h

#**GutAndJointChat** Are #SpA symptoms present at all times or just when #IBD is flaring or independent of #IBD, but also wax and wane?

1 1 1

Jessica Terry @4theloveofmommy · 21h

Replying to @guthealthmd @Cranky_Bones @getgutsycanada

So important for anyone to have an idea of what the symptoms are so they can talk to their doctor about their own! #**GutAndJointChat**

1 2

Spondylitis Canada @SPONDYLITISCA · 21h

Q4: Do you know what the symptoms of #SpA and #IBD are? #**GutAndJointChat**

2 2

Spondylitis Canada @SPONDYLITISCA · 21h

Finding people who share your condition is so helpful! @SPONDYLITISCA has support groups online and in person that can help! Find out more at bit.ly/CSAsupport #**gutandjointchat**

> **Jessica Terry** @4theloveofmommy
> I remember how overwhelmed I felt with my diagnosis and just not knowing anyone else who had RA. Having a chat like this would have been so welcome! #gutandjointchat

1 1 2

Dr Mark Silverberg @guthealthmd · 21h

Replying to @Cranky_Bones @getgutsycanada

We will shortly be describing important symptoms to look out for #**GutAndJointChat**

1 1

Jessica Terry @4theloveofmommy · 21h

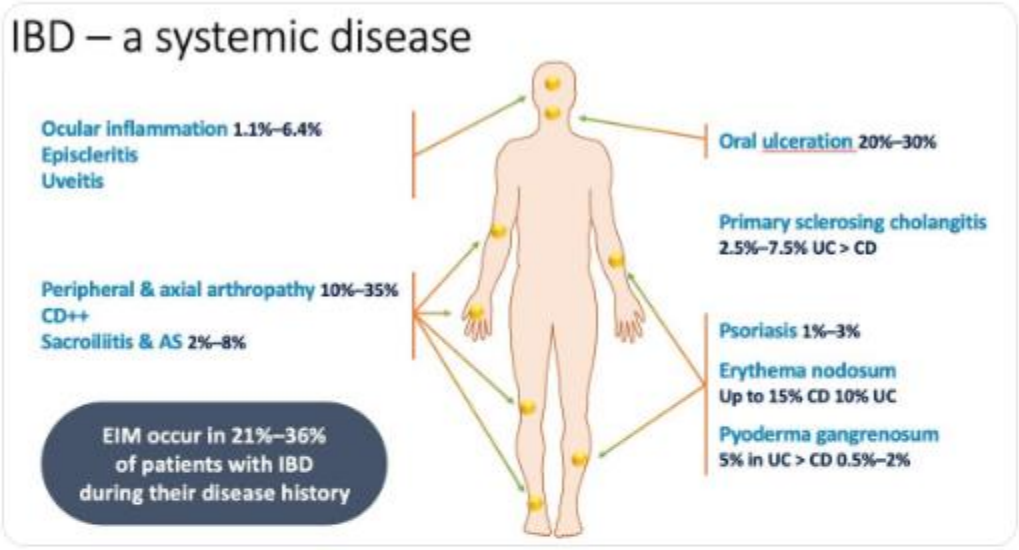
I remember how overwhelmed I felt with my diagnosis and just not knowing anyone else who had RA. Having a chat like this would have been so welcome! #**gutandjointchat**

1

Stacey Sheehan liked

Dr Mark Silverberg @guthealthmd · 21h

Chronic immune diseases like #IBD or #SpA can also affect other parts of the body like your eyes and skin. Discuss with your doctor if you experience: red eyes, light sensitivity or eye pain, skin rashes or ulcers. **#GutAndJointChat**



2 22 36

Crohn's and Colitis Canada @getgutsycanada · 21h

A3: You can read some other key conclusions from our Impact of IBD in Canada Report here: bit.ly/2LK0H1x **#GutAndJointChat**

5 3

Show this thread

Crohn's and Colitis Canada @getgutsycanada · 21h

A3: According to our Impact Report, #AS is one of the most common extra-intestinal manifestations that appear in people living with #IBD. Each patient journey is unique. If you have questions about your specific situation, start the conversation with your doctor. **#GutAndJointChat**

1 5 5

Show this thread

Dr Mark Silverberg @guthealthmd · 21h

Replying to @4theloveofmommy

There are common #genetic susceptibility variants that predispose to both #IBD and #SpA **#GutAndJointChat**

1 2

Spondylitis Canada @SPONDYLITISCA · 21h

A3: We recently surveyed #SpA patients and 30% of participants indicated they have #IBD as a complication. Talk to you doctor if you have any joint or gut issues. **#GutAndJointChat**

3 7

Spondylitis Canada @SPONDYLITISCA · 21h
Glad to share awareness **#gutandjointchat**

> **Jessica Terry** @4theloveofmommy
> I would have had no idea that these two chronic illnesses #IBD and #SpA could be related #GutAndJointChat

1 3

Dr Mark Silverberg @guthealthmd · 21h
A3: When seeing patients with #IBD I always ask about joint symptoms. For #SpA we want to know about low back pain or back stiffness that is typically worse when you wake up and improves during the day. **#GutAndJointChat**

1 5 16

Dr Mark Silverberg @guthealthmd · 21h
A3: In our own study @MountSinai and @UHN we found that 16% of #IBD patients had erosions in their SI joints on CT scans. Source: ncbi.nlm.nih.gov/pubmed/30428061 **#GutAndJointChat**

6 15

Jessica Terry @4theloveofmommy · 21h
I would have had no idea that these two chronic illnesses #IBD and #SpA could be related **#GutAndJointChat**

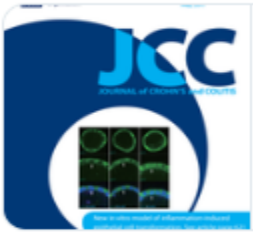
1 4

I a n M o @sodascone · 21h
Replying to @guthealthmd @getgutsycanada
Do feel Infliximab was better than Vedolizumab for that very reason. Current discussions with docs. **#gutandjointchat**

Dr Mark Silverberg @guthealthmd · 21h
Replying to @IBSpatient
Many people don't realize that back pain and other joint pain could be related to their #IBD. There are many causes of these symptoms so best to speak with your MD about this **#GutAndJointChat**

2 4

Crohn's and Colitis Canada @getgutsycanada · 21h
A3: More specifically, 4% of people living with #ulcerativecolitis and 2% of people living with #Crohns worldwide also live with #AS (source: bit.ly/2WIK8UR) **#GutAndJointChat**



Prevalence and Incidence of Axial and Peripheral S...
AbstractBackground and Aims:. Inflammatory bowel disease [IBD] is a chronic disease which affects up to 0.5% of the population. Various extraintestinal manifes
academic.oup.com

5 10

Dr Mark Silverberg @guthealthmd · 21h

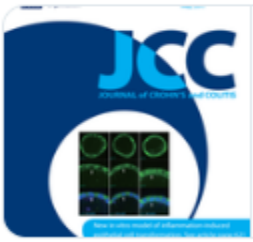
Replying to @bottomline_ibd @getgutsycanada

If it starts creeping closer to the anus would be concerned that it might be related to perianal fistulae/abscess so that needs careful evaluation by your MDs **#GutAndJointChat**

1 2

Crohn's and Colitis Canada @getgutsycanada · 21h

A3: Up to 13% of patients living with #IBD also live with #SpA, according to a systematic review in the Journal of Crohn's and Colitis (source: bit.ly/2WIK8UR) **#GutAndJointChat**



Prevalence and Incidence of Axial and Peripheral S...

AbstractBackground and Aims:. Inflammatory bowel disease [IBD] is a chronic disease which affects up to 0.5% of the population. Various extraintestinal manifes

academic.oup.com

5 7

Stacey Sheehan and 1 other liked

Kate Lee @KateLeeIBD · 21h

Did you know that people with IBD can develop arthritis and vice versa. Learn more by joining @getgutsycanada **#GutAndJointChat** co-hosted by @SPONDYLITISCA and @guthealthmd

3 7

Crohn's and Colitis Canada @getgutsycanada · 21h

Q3: What percentage of patients with #IBD also live with #SpA? **#GutAndJointChat**

3 3

Kate Lee @KateLeeIBD · 21h

Did you know that people with IBD can develop arthritis and vice versa. Learn more by joining @getgutsycanada **#GutAndJointChat** co-hosted by @SPONDYLITISCA and @guthealthmd

3 7

Crohn's and Colitis Canada @getgutsycanada · 21h

Q3: What percentage of patients with #IBD also live with #SpA? **#GutAndJointChat**

3 3

The Bottom Line @bottomline_ibd · 21h

Replying to @guthealthmd @getgutsycanada

How low do you go? I have #coccydynia which improves once I'm standing or moving around. **#GutAndJointChat**

1 1 1

Dr Mark Silverberg @guthealthmd · 21h

Replying to @sodascone @getgutsycanada

Love Edinburgh! Long and great history of #IBD care there. Anti-TNF medications do tend to work best to control joint pain that is associated with #IBD. **#GutAndJointChat**

1 2 3

Spondylitis Canada @SPONDYLITISCA · 21h

Replying to @IBSpatient

Yes! It is definitely worth checking into further with your physician. **#gutandjointchat**

1 2

Dr Mark Silverberg @guthealthmd · 21h

Replying to @bottomline_ibd @getgutsycanada

A relatively simple question to ask yourself if you may have #SpA is do you wake up with lower back stiffness or pain the morning that improves as you start moving around **#GutAndJointChat**

8 6

Crohn's and Colitis Canada @getgutsycanada · 21h

A2: You can read some other key conclusions from our Impact Report here: bit.ly/2LK0H1x **#GutAndJointChat**

2 2

Show this thread

Crohn's and Colitis Canada @getgutsycanada · 21h

A2: According to our Impact of IBD Report, 2/3 of gene mutations linked to #IBD are also shared with other immune-mediated disorders, including #AS. Make sure you start the conversation with your doctor so you can learn more about your specific situation. **#GutAndJointChat**

1 3 8

Dr Mark Silverberg @guthealthmd · 21h

Anywhere from 2-8% of #SpA patients may also end up with a clinical form of #IBD (#crohns or #colitis) where they may get the typical symptoms of abdo pain, diarrhea, blood in stool **#GutAndJointChat**

> **Dr Mark Silverberg** @guthealthmd
>
> Replying to @SPONDYLITISCA
>
> A2: Depending on how "gut inflammation" is measured over 50% of people living with #SpA may have small bowel inflammation which may not be symptomatic. #GutAndJointChat

1 7 12

Jessica Terry @4theloveofmommy · 21h

I have lived with Rheumatoid Arthritis for almost 16 years, it took months to diagnose and even more months to get controlled. Finding resources and people to talk to were difficult. I love this chat as I know it will help many **#GutAndJointChat**

1 4

Jeffrey Roberts, MS BSc #ddw19 @IBSpatient · 21h

#GutAndJointChat I seriously hadn't considered that the lower back pain that I find so painful could be related to my Crohn's disease. I have both IBS and IBD.

3 3 5

Spondylitis Canada @SPONDYLITISCA · 21h

A2: in a recent survey we conducted, approximately 40% of people living with #SpA have small bowel inflammation, which could indicate #crohns disease and up to 13% of patients living with #IBD also live with #SpA. **#GutAndJointChat**

3 4

Crohn's and Colitis Canada @getgutsycanada · 21h

Replying to @bottomline_ibd

Welcome to the **#GutAndJointChat**, Rachel!

1 3

The Bottom Line @bottomline_ibd · 21h

Replying to @getgutsycanada

A1: Evening all, Rachel here 🇬🇧. From a very sunny #London, where it's apparently hotter than Greece this week! All knowledge from today's chat is welcome. I have perianal #Crohns. Do I have a form of #SpA? I'm not sure. Looking forward to the Qs and the As! #IBD **#GutAndJointChat**

3 1 6

Dr Mark Silverberg @guthealthmd · 21h

Replying to @SPONDYLITISCA

A2: Depending on how "gut inflammation" is measured over 50% of people living with #SpA may have small bowel inflammation which may not be symptomatic. **#GutAndJointChat**

2 2

Gerald major @geraldjmajor · 21h

@JacquiChilds would love your thoughts on **#GutAndJointChat**. Spondyloarthritis is related to gut issues also as many of us live with Spondyloarthritis and either Crohn's or Colitis. A horrible group of disease that severely restrict patients lives and wellbeing.@SPONDYLITISCA

> **Spondylitis Canada** @SPONDYLITISCA
> We'll be tweeting out questions over the next hour. Remember to tweet your responses with A1, A2, etc. to let everyone know which question you're replying to, and be sure to include the hashtag #GutAndJointChat

1 2

Spondylitis Canada @SPONDYLITISCA · 21h

Q2: What percentage of patients living with #SpA (spondyloarthropathies like #AS) have small bowel inflammation, which could indicate #crohns disease? **#GutAndJointChat**

1 5 4

Dr Mark Silverberg @guthealthmd · 21h

Replying to @sodascone

We are going to provide some details shortly but definitely it is common to have joint pain with #IBD and you should discuss these symptoms with your GI **#GutAndJointChat**

1 4

Crohn's and Colitis Canada @getgutsycanada · 21h

A1: What's the difference between #Crohns and #ulcerativecolitis? You can learn more on our website: bit.ly/2HnsAqN **#GutAndJointChat**

4 5

Spondylitis Canada @SPONDYLITISCA · 21h

A1: And when we're talking about #SpA (spondyloarthritis), it's important to know there are specific forms called Axial SpA and Peripheral SpA. **#GutAndJointChat**

6 5

Crohn's and Colitis Canada @getgutsycanada · 21h

Replying to @audboyer

Hi Aud! Nice to have you here :) Just follow along using the hashtag **#GutAndJointChat**

5

I a n M o @sodascone · 21h

Replying to @guthealthmd

I'd be keen to find out how to get diagnosed as I have been tested for rheumatoid arthritis (which it wasn't), but get lots of joint pain. What should I be asking my IBD consultant? **#gutandjointchat**

1 1 4

Jessica Terry @4theloveofmommy · 21h

Follow the chat here using the **#GutAndJointChat** hashtag!

> **Aud** @audboyer
> Do we just follow the chat or is there a live stream of a presentation? #GutandJointChat

2

Sherry Pang @SLPang · 21h

Replying to @getgutsycanada @graereed8

Happy to join in - this is the place to be! **#GutAndJointChat**

1 6

Crohn's and Colitis Canada @getgutsycanada · 21h

A1: Let's also share some definitions so we are all on the same page. The two main forms of #IBD (Inflammatory Bowel Disease) are #Crohns and #ulcerativecolitis. **#GutAndJointChat**

5 6

Jessica Terry @4theloveofmommy · 21h

I think talking about and learning about chronic illness allows for some stigma attached to these diseases to be lessened. Chronic illness can take a toll on you emotionally as well **#GutAndJointChat**

3

Dr Mark Silverberg @guthealthmd · 21h

A1: I'm Dr. Mark Silverberg, a #gastroenterologist @MountSinai in #Toronto and Prof of Medicine @uoftmedicine. I look after patients with #IBD and run a research lab to understand why people get it. **#GutAndJointChat**

3 8

Aud @audboyer · 21h

Do we just follow the chat or is there a live stream of a presentation? **#GutandJointChat**

1

Crohn's and Colitis Canada @getgutsycanada · 21h

A1: We're Canada's go-to not-for-profit organization for all things #Crohns and #colitis. We fund research + patient programs to improve quality of life and find cures for #IBD. We're excited to participate in today's **#GutAndJointChat**! Learn more about us: crohnsandcolitis.ca

1

Spondylitis Canada @SPONDYLITISCA · 21h

A1: The Canadian Spondylitis Association is committed to supporting, educating and advocating for Canadians living with or affected by #arthritis to improve patient outcomes and quality of life. Find out more at spondylitis.ca. **#GutAndJointChat**

Homepage - Canadian Spondylitis Association | Su...

Canadian Spondylitis Association: A patient-led resource for Canadians living with Spondyloarthritis, caregivers, loved ones, and health professionals.

spondylitis.ca

1

Crohn's and Colitis Canada @getgutsycanada · 21h

Q1: Share with us where you're from, what you're hoping to learn from today's chat, and let us know if you're living with #Crohns or #colitis, or a form of #SpA, including #AS. **#GutAndJointChat**

5 2 3

Crohn's and Colitis Canada @getgutsycanada · 21h

Thank you to @abbviecanada for supporting this **#GutAndJointChat**. If everyone is ready, let's begin.

2

Jaqui @jaqui__de · 21h

Looking forward to learing more about #IBD and #SpA **#GutAndJointChat** @getgutsycanada @guthealthmd

Crohn's and Colitis Canada @getgutsycanada

When your reality includes two chronic illnesses, how do you stay positive and live well?

Tune in for our #GutAndJointChat TODAY at 12:30 pm...

1

Spondylitis Canada @SPONDYLITISCA · 21h

We'll be tweeting out questions over the next hour. Remember to tweet your responses with A1, A2, etc. to let everyone know which question you're replying to, and be sure to include the hashtag **#GutAndJointChat**

1 2

Crohn's and Colitis Canada @getgutsycanada · 21h

Also joining us today are @SLPang and @graereed8, who live with two chronic illnesses. We are so glad they're here to share their personal experiences and advice. **#GutAndJointChat**

1 3 4

Graeme Reed @graereed8 · 21h

Keen to share this **#GutAndJointChat** with @guthealthmd, @SLPang, and all you patient-experts. Reach out for my thoughts on how to support young people with #AS / #Crohns, and explore how to develop more collaborative relationships between patients and health professionals. FIN/

2 4

Show this thread

Graeme Reed @graereed8 · 21h

A1: Hi **#GutAndJointChat**, I'm Graeme. Living (relatively) well in unceded Algonquin territory with #Crohns and #AS thanks to good meds, patience, and a supportive network. On this journey I've gotten involved with the @SPONDYLITISCA/@KarimKhan_IMHA to support folks like me 1/

1 3

Show this thread

Spondylitis Canada @SPONDYLITISCA · 21h

Don't forget to follow @getgutsycanada and @guthealthmd and search our **#GutAndJointChat** hashtag in order to see all the Twitter Chat questions and answers.

Jessica Terry @4theloveofmommy · 21h

As someone living with a chronic illness, I know how hard it can be to navigate the health system and get the answers you need. Hope this chat will help others to open up and learn more! **#GutAndJointChat**

1 3

Crohn's and Colitis Canada @getgutsycanada · 21h

Don't forget to follow @SPONDYLITISCA and @guthealthmd and search our **#GutAndJointChat** hashtag in order to see all the Twitter Chat questions and answers.

1 1

Dr Mark Silverberg @guthealthmd · 21h

Welcome everyone! I'm excited to hear your experiences and answer your questions. Since World #AS Day was May 4 and World #IBD Day is May 19, I think this is a timely discussion! **#GutAndJointChat**

1 2 9

Spondylitis Canada @SPONDYLITISCA · 21h

As #SpA, #Crohns and #colitis are very patient specific, Dr. Silverberg can only answer general health questions today. **#GutAndJointChat**

2 1

Stacey Sheehan liked

Crohn's and Colitis Canada @getgutsycanada · 21h

Hi everyone - we're happy to co-host this **#GutAndJointChat** with @SPONDYLITISCA. We're also pleased to be joined today by Dr. Mark Silverberg (@guthealthmd) a gastroenterologist with Mount Sinai Hospital and University of Toronto.

4 6

Spondylitis Canada @SPONDYLITISCA · 21h

Welcome to our **#GutAndJointChat**! Let's learn more about the link between #SpA (spondyloarthritis, such as #AS) and #IBD. Given this important connection, we're pleased to co-host this chat with our colleagues Crohn's and Colitis Canada, @getgutsycanada.

1 4 9

PRE-CHAT POSTS

Jessica Terry @4theloveofmommy · 21h
Excited to chat with @guthealthmd, @getgutsycanada and @SPONDYLITISCA! #GutAndJointChat

1 2 6

Emily Cordeaux @emily_cordeaux · 21h
Excited for this @getgutsycanada #GutandJointChat about to start! @guthealthmd @SPONDYLITISCA twitter.com/getgutsycanada...

2 8

Jessica Terry @4theloveofmommy · 21h
10 minutes until the #GutAndJointChat! Please join us and ask questions and learn some things you maybe didn't even know. A safe place for real talk about IBD and SpA!

1

Jessica Terry @4theloveofmommy · 22h

25 minutes until the **#GutAndJointChat**! Join us for a discussion and I'll share my experience with living with a chronic illness! Read more:

Living with a Chronic Disease: Let's Chat #GutAndJointChat

Living with a chronic disease can be daunting, emotionally stressful and take its toll on you and your family but knowledge is always key

4theloveofmommy.com

3

Caroline De Silva liked

Chriselle D'Souza @chriselledsouza · 23h

Tune in to **#GutAndJointChat** today at 12:30 p.m. EST for some real talk on life with chronic illnesses!

Crohn's and Colitis Canada @getgutsycanada

When your reality includes two chronic illnesses, how do you stay positive and live well?

Tune in for our #GutAndJointChat TODAY at 12:30 pm...

1 2

Crohn's and Colitis Canada - Kingston @gutsykingston · 23h

Happening today at 12:30pm! Don't miss it. Follow along at **#GutandJointChat**

Crohn's and Colitis Canada @getgutsycanada

Ankylosing spondylitis (#AS) is one of the most common extra-intestinal manifestations that appear in people living with #Crohns or #colitis....

1

Jessica Terry @4theloveofmommy · 23h

Join us today as we chat all thing IBD and SpA with Dr. Mark Silverberg (@guthealthmd) and I'll share my own story about dealing with a chronic illness too. Today at 12:30. I hope you'll join! Read more here: 4theloveofmommy.com/2019/05/living...

#GutAndJointChat

1 1

Crohn's and Colitis Canada @getgutsycanada · May 15

When your reality includes two chronic illnesses, how do you stay positive and live well?

Tune in for our **#GutAndJointChat** TODAY at 12:30 pm EST as we discuss the connection between #IBD and #SpA with @guthealthmd and @SPONDYLITISCA!

1 8 12

The Bottom Line @bottomline_ibd · May 14

How does your gut affect your joints in #IBD? Tune into this 🇨🇦 Twitter chat tomorrow to find out more! For us 🇬🇧'ers it starts at 5.30pm.

Promises to be a great chat. EIMs in IBD are a hot topic!

#GutAndJointChat #Crohns #CrohnsDisease #UC #UlcerativeColitis

Crohn's and Colitis Canada @getgutsycanada

Ankylosing spondylitis (#AS) is one of the most common extra-intestinal manifestations that appear in people living with #Crohns or #colitis....

1 8 13

Crohn's and Colitis Canada @getgutsycanada · May 14

Ankylosing spondylitis (#AS) is one of the most common extra-intestinal manifestations that appear in people living with #Crohns or #colitis.

Tune in for our **#GutAndJointChat** TOMORROW at 12:30 pm EST to learn about the gut-joint connection! (cc: @guthealthmd @SPONDYLITISCA)

1 1 10

ThinkGuts @PACE_IBD · May 14

Did you know that one of the extraintestinal manifestations of IBD could be a form of spondyloarthritis (SpA). Join Dr. Mark Silverberg (@guthealthmd), (@SPONDYLITISCA), and Crohn's and Colitis Canada (@getgutsycanada) on Twitter tomorrow (May 15 12:30-1:30) with **#GutAndJointChat**

3 9 17

Pamela Sullivan @Sullivan_pj · May 13

@getgutsycanada im looking forward to the **#GutAndJointChat**

1

AbbVie Canada liked

Sherry Pang @SLPang · May 13

So excited to be a part of this! **#GutandJointChat**

Crohn's and Colitis Canada @getgutsycanada

Living with two chronic illnesses isn't easy. We'll be discussing strategies for living well with @guthealthmd, @SLPang, and @graereed8 on May 15. Follow along and share your tips with us, too! #GutAndJointChat

2

Jessica Terry @4theloveofmommy · May 13

Join me Wednesday May 15 from 12:30-1:30 for a chat about IBD and SpA and ask questions and find out how these two chronic illnesses have a connect with gastroenterologist Dr. Mark Silvergberg (@guthealthmd). Read more: 4theloveofmommy.com/2019/05/living... **#GutAndJointChat**

Dickie Fox and 1 other liked

AbbVie Canada @abbviecanada · May 13

We're proud to support this important conversation. Mark your calendars for Wednesday, May 15th at 12:30 pm EST. **#GutAndJointChat**

Crohn's and Colitis Canada @getgutsycanada

Living with two chronic illnesses isn't easy. We'll be discussing strategies for living well with @guthealthmd, @SLPang, and @graereed8 on May 15. Follow along and share your tips with us, too! #GutAndJointChat

1 2

Crohn's and Colitis Canada @getgutsycanada · May 12

Living with two chronic illnesses isn't easy. We'll be discussing strategies for living well with @guthealthmd, @SLPang, and @graereed8 on May 15. Follow along and share your tips with us, too! **#GutAndJointChat**

7 9

Crohn's and Colitis Canada @getgutsycanada · May 9

Did you know? Fatigue and persistent lower back pain are symptoms of spondyloarthritis - another chronic illness many people living with #IBD also live with.

Tune into our **#GutAndJointChat** on May 15 with @guthealthmd & @SPONDYLITISCA to learn more about the gut-joint connection!

5 5

Jessica Terry @4theloveofmommy · May 8

Living with a Chronic Disease: Let's Chat **#GutAndJointChat**
bloglovin.com/blogs/4-love-m... on @bloglovin

Living with a Chronic Disease: Let's Chat #GutAnd...
Disclosure: Content for this post for Living with a Chronic disease is developed with support from AbbVie Canada. All opinions are my own. Living with a chronic disease
bloglovin.com

Crohn's and Colitis Canada @getgutsycanada · May 7

Did you how many people living with #Crohns or #colitis also live with spondyloarthritis (SpA)?

Find out the answer and learn more about the gut-joint connection at our **#GutAndJointChat** on May 15!

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